



LUNCHEON FRIENDS

Serving Time: 11:30 am
Menu items subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
Funding This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging	1 Sweet & Sour Pork over Brown Rice Oriental Blend Vegetables Carrots Dinner Roll Mandarin Oranges	2 Oven Baked Chicken ¼ Grape Juice Yankee Bean Soup Mashed Sweet Potatoes 12 Grain Bread Peaches	3 Stuffed Cabbage w/ Sauce Corn Italian Blend Vegetables Rye Bread Petite Banana	4 Nutrition w/ Cindy "Super Foods" Broccoli & Cheese Quiche Vegetable Soup Tossed Lettuce Salad w/ French Dressing 12 Grain Bread Pineapple
7 Meat Lasagna Tossed Lettuce Salad w/ Italian Dressing Broccoli Italian Bread Apricots	8 Tacos w/ Ground Beef, Cheese, Shredded Lettuce, Tomato Wedges, Salsa & Sour Cream Southwestern Chicken Soup Fruit Cocktail	9 BBQ Pulled Pork on Bun Corn Green Beans Fresh Orange	10 Chicken Cordon Bleu Beef Barley Vegetable Soup Mashed Potatoes w/ Gravy Wheat Bread Pears	11 Breaded Haddock w/ Tartar Sauce Coleslaw (no pineapple) Beets Rye Bread Oatmeal Raisin Cookie
14 Chicken ala King over Biscuit Grape Juice Peas Carrots Peaches	15 Braised Pork Chop w/ Gravy Scalloped Potatoes Broccoli Dinner Roll Warm Applesauce	16 Flameburger w/condiments Minestrone Red & Green Cabbage Salad Petite Banana	17 St. Patrick's Day Party  No Lunch Served	18 Macaroni & Cheese Stewed Tomatoes Green Beans 12 Grain Bread Mandarin Oranges
21 Italian Sausage on Bun w/ Onions & Peppers Split Pea Soup Steamed Potatoes Pineapple	22 Chili Topped Baked Potato w/ Cheese & Sour Cream Broccoli Wheat Bread Fruit Cocktail	23 Baked Ham w/ Pineapple Sauce Scalloped Potatoes California Blend Vegetables Dinner Roll Coconut Cake	24 Steak Diane w/ Mushroom Sauce Twice Mashed Potatoes Oriental Blend Vegetables Dinner Roll Banana Cream Pie	25 CSC CLOSED
28 Sweet & Sour Meatballs over Brown Rice Oriental Blend Vegetables Carrots Wheat Bread Pears	29 Stuffed Pepper w/ Sauce Corn Chowder Spinach Rye Bread Apricots	30 Potato Crusted Tilapia w/ Tartar Sauce Coleslaw (no pineapple) Beets Dinner Roll Fresh Apple *Cupcakes*	31	All meals served with milk, bread and margarine. Soup served with crackers.